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FOOD FOR THE INVALID AND
THE CONVALESCENT



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TORONTO

FOOD FOR THE INVALID AND THE CONVALESCENT

BY
27661
WINIFRED STUART GIBBS

DIETITIAN FOR THE NEW YORK ASSOCIATION FOR
IMPROVING THE CONDITION OF THE POOR;
TEACHER OF ECONOMIC COOKERY, TEACH-
ERS COLLEGE, COLUMBIA UNIVERSITY
AUTHOR OF "LESSONS IN THE PROPER FEEDING
OF THE FAMILY"

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PREFACE

GRATEFUL acknowledgments are due to Dr. Theodore C. Janeway, Dr. H. O. Mosen-thal, Dr. L. R. Williams, and Dr. Edwards A. Park, for helpful advice in preparing this little book. The work was undertaken at the request of the above physicians, and to its preparation were brought the results of five years' experience as Dietitian for the New York Association for Improving the Condition of the Poor. During this time the working basis has been actual incomes of actual families in relation to the current prices of foodstuffs.

The writer has found that much can be accomplished in the way of prevention of disease by instruction in the very simplest laws of right feeding and good cooking.

The dietaries are reproduced from a former pamphlet, "Lessons in the Proper Feeding of the Family."

I wish to acknowledge my indebtedness to Miss Fannie M. Farmer, from whose writings I adapt many points for use in this work.

W. S. G.

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INTRODUCTION

EVERY dispensary physician who is truly interested in the care of his patients realizes how important a contributing factor in much of the ill-health that he sees is the unintelligently chosen and badly prepared food of the patients, and what a beneficial factor simple and properly cooked meals might be in the treatment of many disorders. The social worker sees in addition the economic waste which lack of knowledge and dietetic prejudice bring into just those families of the American community that can least afford any waste. This little book, prepared by Miss Winifred Stuart Gibbs, with the coöperation of Dr. Edwards A. Park and Dr. Herman O. Mosenthal of the Department of Medicine of the Vanderbilt Clinic, aims to help both physicians and social workers in their efforts to treat disease and to conserve health. It has

been compiled especially with a view toward helping us, the physicians of the Vanderbilt Clinic, in carrying on intelligent dietetic treatment; and it will, I trust, prove of service to dispensary workers generally. By means of the book, Miss Gibbs has added another strong link to the chain that is binding physicians and social workers in a coöperation which is rapidly transforming for the better the spirit and methods of American dispensaries.

THEODORE C. JANEWAY, M.D.

*Vanderbilt Clinic, College of Physicians and Surgeons,
Columbia University.*

GENERAL DIRECTIONS

FOOD FOR THE INVALID AND THE CONVALESCENT

GENERAL DIRECTIONS

27661 HOW TO BUY

It is not necessary to buy the most expensive food in order to get the best; the important thing is to get the *right* food, so that the money spent will give as much strength as possible.

Always buy a fixed quantity of any food, instead of "five cents' worth" or "ten cents' worth"; in this way every penny will bring in a penny's worth of food. In other words, ask for "a half pound" or "a quarter pound," "a quart," "a peck," or a "bushel."

PRESERVATION OF FOOD THAT SPOILS

Food is preserved in several ways —

1. By sugar. Example: Fruit preserves.
2. By drying. Example: Dried apples.
3. By salt. Example: Salt fish.
4. By chemicals—a commercial practice.
5. By freezing. Example: Cold storage of meat.

HOW TO KEEP FOOD FROM SPOILING

The "spoiling" of food is caused by the presence of quantities of small living things. These grow on many varieties of food and cause what we call "decay."

SOME HELPS TOWARD KEEPING FOOD FROM SPOILING

1. Have everything — room, walls, floor, tables, and dishes — absolutely clean.
2. Keep hands and clothing clean.
3. Wherever practicable boil dishes for ten minutes after they have been used for anything that is not quite fresh.
4. Keep insects away.
5. Keep room sunned and aired.
6. Never buy stale meat, fruits, vegetables, eggs, or milk.
7. Never put clean food near food that is spoiled.

WHY DIRTY STORES ARE DANGEROUS

Dirty stores have many corners where these small living things can grow and increase. Dust gives them a good nest, flies

may carry them about, foul odors may be absorbed by food. Food that has begun to spoil may cause other food to spoil, simply by touching it. Dirty stores may make the salespeople ill, and these persons may cause food to spoil, simply by handling it.

HOW TO EAT

KINDS OF FOOD TO EAT

1. Food that gives muscular strength.
2. Food that gives heat.
3. Food that keeps the blood in good order.
4. Food that gives working power.
5. A mixed diet of meat and vegetable food is the best in order to get these results.
6. Vegetables and fruit, while they do not contain much nourishment, are necessary to prevent some diseases. Grown people, and still more children, who never eat them, often develop scurvy.

NECESSITY FOR GOOD COOKING

Unless food is well digested it will not give strength, and it will not be well digested

unless it is well cooked. Bad cooking may destroy the health of the entire family, and so lessen the earning power and general prosperity.

RESULTS OF BAD COOKING

Badly cooked meat will be tough, dry, and indigestible.

Badly cooked cereals will be pasty and sticky.

Badly made bread will be heavy.

Badly made puddings will be heavy and sticky.

Badly cooked vegetables will have a hard, woody substance in them.

HOW TO COOK

Food is cooked to make it palatable, to render it digestible, and to destroy all dangerous bacteria.

METHODS OF COOKING

1. Boiling: Cooking in boiling water.
2. Stewing: Cooking in simmering water.
3. Steaming: Cooking over boiling water.
4. Broiling: Cooking over direct heat.

5. Roasting—Baking: Cooking in heated oven.

6. Braising: Combined steaming and baking.

7. Frying: Cooking in deep fat. (Should not be used for sick persons.)

8. Sautéing: Cooking in a very little fat. (Very indigestible.)

9. Fricasseeing: Sautéing and serving with a sauce. Tough meat is boiled before fricasseeing. This is not good for sick persons.

PART I

THE PREPARATION OF FOOD

THE PREPARATION OF EACH CLASS OF FOOD

DRINKS

DRINKS IN PLACE OF TEA AND COFFEE

Milk.—A real food. Makes blood and strength.

“Cambrie Tea.”—~~Equal parts of hot milk and water sweetened to taste.~~

Cocoa.—A food drink.

Cereal Coffee.—A drink for variety. Will not affect the nerves.

Cocoa Shells.—The outside of the cocoa bean broken in small pieces; not a food, but an excellent drink.

RULES FOR MAKING HOT DRINKS

Coffee.—1 heaping tablespoon of coffee for each cup. Measure amount of water needed, add half of this cold to coffee, stirring it thoroughly; let other half of water boil and add to coffee as soon as the cold water has come to a boil; *boil three minutes,*

let stand ten minutes, pour one tablespoon of cold water down spout to settle coffee. Always scald coffeepot after using.

Tea.—Scald teapot, put in it 1 teaspoon tea for each cup required, pour required number of cupfuls of *boiling* water on tea, let stand *three* minutes, and serve. *Never boil the tea.*

Cocoa Shells.—1 cup shells, 3 pints water; boil slowly two hours. Strain and serve with milk and sugar. The strength of the drink may be changed to suit the taste.

Cocoa (1 cup).—1 tablespoon cocoa mixed with half tablespoon sugar. Stir in enough boiling water to make a paste, add half cup boiling water, boil 15 minutes, add half cup milk and serve.

Cereal Coffee.—Follow directions on package if the coffee is to be strong. Many find that half the quantity spoken of on the package will make a satisfactory drink.

RULES FOR MAKING COLD DRINKS

Lemonade.—2 tablespoons of syrup, 3 tablespoons lemon juice, 1 cup cold water.

Strain lemon juice and add cold water and syrup.

Orangeade. — May be made the same way.

Very refreshing summer desserts may be made from a frozen mixture of water, fruit juice, and sugar.

LIQUID FOODS

MILK

Points to remember about Milk

Be sure you buy clean milk from a clean milkman, and then be careful to keep the milk clean.

Bottled milk is cleaner than loose milk, so buy bottled milk if possible. At least buy bottled milk for the children, especially during hot weather. If there is dirt on the inside of the milk bottle when it is delivered to you, refuse to accept it. Use milk bottles and milk pails for milk and for no other purpose than to hold milk. If loose milk is bought by the quart, wash the pail and scald it before sending the pail to the store. Keep the clean pail upside down when not in use. When send-

ing for milk, put the cover on the pail. When the pail contains milk, keep the cover on to keep out dust, dirt, flies, and animals.

Buy milk only at clean stores where the milk is kept cold by thorough icing.

Remember that dirty milk causes sickness and death, especially among babies. If you are in doubt as to the cleanliness of your milk, boil it and then keep it cold; but do not continue to give boiled milk to a baby except on a doctor's advice.

Keep milk bottles and milk covered while they contain milk.

Do not stand milk on the back of the stove or on a sunny window sill or in a warm place.

Keep the milk as cold as possible. Keep it on ice if possible.

Wash milk bottles thoroughly before returning them to the milkman.

Never drink milk directly from the bottle or from the pail.

If there has been a contagious disease in the house, wash the bottles carefully with soap and water and then scald the bottles

thoroughly before returning to the milkman.

Keep the milk clean and cold, and insist upon getting only cold and clean milk.

From bulletin issued by the Committee on Milk Consumers, being a standing committee of the New York Milk Committee.

Often you hear people say, "I cannot afford to buy milk," but this is because they do not understand that milk is a food, and when it is properly used it is not necessary to spend so much for other food.

MILK RECIPES

Kumyss. —

2 tablespoons lukewarm water
 $\frac{1}{4}$ yeast cake
4 cups milk
 $1\frac{1}{2}$ tablespoons sugar

Heat milk until lukewarm, add sugar and yeast which have been dissolved in the warm water. Fill scalded bottles to within two inches of top, cork, and shake. Lay bottles on side over night in warm room, then put on ice for twenty-four hours. Shake the bottles occasionally.

Junket.—This is a preparation of milk that is easily made and is very nourishing and easy to digest.

1 qt. lukewarm milk
3 tablespoons sugar
1 tablet
1 teaspoon cold water
Any flavoring

Dissolve tablet in water. Warm milk in following manner. Pour into an agate pan, and if ice cold, stand pan in boiling water five minutes, if merely cooled by ice, three minutes. Flavor, sweeten, add dissolved tablet, pour into cups, stand in warm room, do not shake for a half hour.

Cheese.—Every housekeeper should learn how to use cheese properly, as it has much nourishment in small space. Eaten in large quantities, it will upset the stomach; but a reasonable quantity, grated or chopped fine, can be used in many ways and will add greatly to the strength-giving quality of the food.

Cheese Fondue.—

1 cup milk
1 cup bread crumbs
 $\frac{3}{4}$ cup grated cheese
1 egg
Salt, pepper and mustard

Soak bread crumbs in milk, heat, add cheese, season, and when cheese is melted and stirred through crumbs, add beaten egg and remove from fire. Spread on crackers or toast.

Hominy baked with Cheese.—Prepare boiled hominy in the ordinary way; stir grated cheese ($\frac{1}{4}$ lb. to 2 cups of cooked mush) through while hot, make into mound, dot with butter, and brown in oven. Any cereal can be used instead of hominy.

Another Method.—Grated cheese can be stirred into any thin porridge or gruel, to suit taste, and will add much to such a diet.

SOUPS

THE MAKING OF SOUPS

Classes of Soups.—

1. Soup made with “stock.”
2. Soup made without “stock.”

MATERIAL FROM WHICH STOCK MAY BE
MADE

Beef	Mutton	Poultry	Fish
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RULES FOR MAKING STOCK

1. Place material in cold water.
2. Add salt.
3. Bring slowly to boiling point.
4. Simmer gently until "strength" is drawn out.
5. Add flavoring during last hour of cooking.
6. Cool.
7. Skim off fat.

Stock is used as foundation for soup, and vegetables, rice, etc., are added to suit the case. Often the doctor orders a plain, clear stock seasoned with salt and pepper.

Beef Stock

2 lb. beef with bone

1 qt. cold water

$\frac{1}{2}$ teaspoon salt

Carrot	}	1 tablespoon of each
Potato		
Tomato		
Celery		

Wipe meat and bone with cloth wrung out of cold water, cut meat in small pieces, cover with cold water, soak twenty minutes and

bring slowly to boiling heat, then simmer slowly for five hours. Add vegetables and cook an hour longer, strain, and cool. During the cooling, if a clear stock is desired, skim off the "scum" that rises to the top.

Beef Juice.—A light food.

Broil a piece of round very lightly, cut in pieces, and press in lemon squeezer until all juice is taken out; add salt. Use as doctor directs.

Beef Tea.—A stimulant.

Cut thick round steak in bits, place in glass fruit jar, sprinkle with salt, screw on cover, place jar of meat in saucepan of cold water; bring slowly to boiling point, simmer until meat is colorless and broth rich and strong.

Mutton Broth.—

2 lb. lamb or mutton
5 cups cold water
 $\frac{3}{4}$ teaspoon salt

Make the same as beef stock; add $1\frac{1}{2}$ tablespoons well-cooked rice after broth is skimmed and reheated.

Chicken Broth.—

3 lb. chicken
3 pt. cold water
1 teaspoon salt
2 tablespoons rice

After chicken is cleaned, wipe with cloth and cut in pieces at joints. Make broth same as beef and mutton broth.

Soups without Stock.—These are made of cooked and strained vegetables with milk or stock added. Soups of this kind need to be thickened slightly or “bound” with a few spoons of flour blended smoothly with some liquid; otherwise the vegetable part would separate and the soup would not be smooth.

Cream Soups.—These are made with “white sauce” or thickened milk and strained vegetable pulp.

Cream of Pea.—

$\frac{1}{2}$ cup canned or green peas
 $\frac{1}{2}$ cup cold water
 $\frac{1}{4}$ teaspoon sugar
1 cup hot milk
 $\frac{1}{2}$ tablespoon butterine
 $\frac{1}{2}$ tablespoon flour
Salt
Pepper

Drain peas, add sugar and cold water, and cook ten minutes. Rub through a strainer. Melt butter, rub in flour, pour in scalding milk, boil ten minutes, season and add to pea pulp. Cook five minutes.

Other cream soups are made in the same way, changing the thickness to suit case.

MEATS

HOW TO BUY MEAT

Many of the cheaper cuts of meat will give a large amount of strength, and may be made tender by long, slow cooking. Do not send for "fifteen cents' worth of steak," but learn the cuts and prices, so that the family may receive every ounce of food paid for. Learn to read a scale, watch meat while it is being weighed, and, if possible, have a good scale at home to test correctness of the butcher's.

Always insist on all bones and trimmings being sent with the meat and use them in soup.

Ask for a piece of suet, even if it is not to be used at the time. Try it out, strain it,

and put it away in a clean cup. Save all trimmings of fat to be tried out in the same way, as this dripping is wholesome food for well people. When a sick person cannot digest fat, the trimmings from his meat before it is cooked will furnish valuable food for the well members of the family.

Here is a list of the cuts of beef and mutton in common use, with average price per pound in New York City.

BEEF

CUT	PRICE	USE
Shin	\$.08-.12	Soup
Neck	.12-.14	Stew
Chuck	.14	Braising or pot roast
"Short chuck"	.12½	Stew
Flank	.12-.14	Baking
Skirt steak	.09-.12	Braising
Rump	.14-.18	Corned beef
Round	.18-.22	Broiling, pan broiling, beef juice, beef tea

MUTTON

Shoulder lamb	.12½	Stew — broth
Breast of lamb	.10	Stew or baked
Leg mutton	.14	Boil or roast
Shoulder chops	.14	Broiling or pan broiling, braising

The following cuts are expensive and need be used only when digestion is weak from illness.

Leg of lamb	\$.16-.18	Roast
Rib chops	.22-.25	Broiling or pan broiling
Prime ribs of beef	.20-.22	Roast
Sirloin steak	.20-.22	Broiling

THE COOKING OF MEAT

Meat used for Sick People

BEEF	MUTTON	PORK	POULTRY
Round	Rib	Bacon	Chicken
Prime rib	Loin		Fowl
			Turkey

Ways of cooking Meat for Sick People

Broiling or pan broiling.
Roasting.

DESCRIPTION OF COOKING

Broiling.—Tender steak or chops are best broiled. Place in a wire broiler, hold over a clear fire until it turns a whitish brown, then turn and do the same thing to the other side. This sears the meat and keeps in the juice. After searing both sides, turn meat back and forth, but less often, until both sides are nicely browned. Sprinkle with salt, place on *hot* plate, add a bit of butter, and serve at once.

Cooking in Buttered Paper

A chop can be broiled in a paper case, and this will be a way to retain all the juices of the meat.

Method.—Butter a half sheet of foolscap or stiff white paper, lay chop in middle, fold edges on side and ends, so that there will be a half inch fold all around. Begin near outer edge, so that fold can be made three times. Broil in wire broiler for ten minutes, being careful not to set fire to paper.

Pan Broiling

If one has no broiler, or cannot have use of a good broiling fire, pan broiling is almost as good, and the meat very nearly as digestible.

First, have a hot frying pan just oiled with a bit of fat held on a fork. Rub this over the pan, but do not leave *any* loose grease. When pan is *sizzling* hot, put in the meat, pressing it down first on one side and then on the other. This seals up the cut ends of the muscles just as is done by holding meat over the fire, and is called “searing.” When both sides are well seared

and no red color remains, turn on pan until brown, and treat exactly the same as broiled meat.

To Roast Meat

Sear roast on hot baking pan, rub with salt, cover with another deep pan, cook according to size — allow 15 minutes for each pound. After the cooking is well begun, the meat must be “basted” every 20 minutes. This is done by taking up juice in pan with a large spoon and pouring it over meat. If necessary a little hot water may be added to pan. During last hour of cooking remove cover so that meat will brown.

Gravy.—The only kind of gravy that is good for sick people is the clear juice of the meat. “Made” gravy, with flour and fat added, is hard to digest.

Meats forbidden Sick Persons

All fried meats.

“Warmed over” meat, such as stews and hash.

Pork.

Scraped Beef.—This is the form most easily digested.

Use a dull knife or spoon, scrape the soft part free from the sinewy and stringy parts; serve the soft part raw, between slices of bread and butter, or make into small cakes and broil.

Meat Jelly

1 cup beef stock

$\frac{3}{4}$ teaspoon pulverized gelatine

Stir gelatine into stock while it is at boiling heat. Season with salt and celery salt, if liked. Pour into small cups which have been dipped in cold water.

FATS

It is very important that we have plenty of fat in our food. Butter is one of the most wholesome forms of fat, but it is expensive, and it is worth while to learn about oleomargarine or "butterine." This is made of pure, sweet fats, and has some butter mixed with it, in the best quality, so that it tastes very good. Butterine costs much less than butter, is good food, and is *much* better than poor butter.

Salad oil is another good fat to use, and the fat of beef is good, but children sometimes object to eating it. In such cases, give some other kind of fat.

FISH

How to Buy

Serve fish once or twice a week instead of meat.

Below is a list of moderate priced fish in New York City.

The "Market Cod" is only for boiling.

"Market Cod"	\$.10-.12
Haddock	.07
Weakfish	.08-.10
Flounder	.08-.10
Porgies	.06-.10

THE COOKING OF FISH

Best Ways of Cooking

Boiling. Broiling. Baking.

Boiled Fish

Add a few drops of lemon juice or vinegar and sprinkle a little salt in the boiling water in which fish is to be cooked. Fish like

haddock may be boiled whole ; if too large for this, cut thick slices, tie in cheesecloth, and cook until flesh leaves the bones—twenty to thirty minutes, according to size.

Broiled Fish

Clean fish, split down the back, lay on greased wire broiler, and turn over quickly ; heat until thoroughly cooked.

Baked Fish

Clean fish, make cut in side, fill with nicely seasoned stuffing, and bake in moderate oven.

Oysters and Clams

Raw oysters may be given if doctor allows. Clams should be used only in broth.

Oyster Soup

1 pt. oysters 2 cups milk
2 tablespoons butter

Rinse oysters in cold water. Heat liquor to boiling point, strain, add oysters, cook until edges curl, add to hot milk, add butter, season, and serve.

Clam Broth

Scrub clams, place in kettle with cold water, steam until shells open, strain liquor, cool, clean, and reheat to serve.

EGGS

How to Buy

Before buying eggs, test them by shaking. Stale eggs will rattle in the shell; fresh eggs will remain solid and will not shake.

THE COOKING OF EGGS

Boiled Eggs

Plunge eggs in boiling water, cover, place on back of stove, and allow to remain for five or ten minutes, according to degree of hardness desired. If the water is allowed to boil after eggs are in, the white will be tough and indigestible.

Scrambled Eggs

Break eggs into a bowl, add one tablespoon of milk for each egg, beat with fork, pour into greased frying pan, add salt and

pepper, and cook until creamy, stirring constantly. Be very careful not to cook eggs until they are hard.

Creamy Egg

For each beaten egg use a third of a cup of milk, season with salt, and place in inner part of double boiler. Cook over steam of simmering, not boiling, water until the mixture is creamy. Remove cover occasionally and stir the mixture as it thickens from the sides and bottom of the boiler.

Dropped Egg

Break an egg into a saucer, slip carefully into a saucepan of hot (not boiling) water; cook until white is like jelly. Serve on toast.

CEREALS

How to Buy

Buy uncooked cereals rather than the cooked cereals in packages, if you wish to get your money's worth. Buy at a clean store; and if loose cereal is bought, see that

it has been kept in a dry place. Watch cereals for any little live things that may get in, especially in warm weather.

THE COOKING OF CEREALS

Points to Remember

1. Have water boiling.
2. Add salt.
3. Stir cereal in slowly, cook until thickening begins.
4. Place in double boiler and cook several hours, according to kind. It may be cooked over night.
5. Different kinds of cereals need different amounts of water. A general rule is two and a half times as much water as grain, and a teaspoon of salt for every quart of water.

DIFFERENT KINDS OF UNCOOKED CEREALS

Fine or ground cereals all need long cooking, and most of them need several more cups of water for each cup of cereal than do the flaked varieties.

TABLE OF FINE CEREALS

KIND	QUANTITY	WATER	TIME
Corn meal	1 cup	6 cups	3 hr.
Hominy	1 cup	4 cups	2 hr.
Farina (gruel)	2 tablespoons	2 cups	1 hr.
Irish Oatmeal	1 cup	6 cups	3 hr.
Scotch Oatmeal	1 cup	6 cups	3 hr.

TABLE OF COARSE CEREALS

KIND	QUANTITY	WATER	TIME
Rolled oats	1 cup	2 $\frac{1}{4}$ cups	2 hr.
Rolled wheat	1 cup	2 $\frac{1}{4}$ cups	2 hr.
Rice	1 cup	6 cups	1 hr.

THE COOKING OF GRUELS

Oatmeal Gruel

$\frac{1}{2}$ cup rolled oats
 $\frac{1}{2}$ teaspoon salt
 3 cups boiling water

Add salt to boiling water, stir in oats, boil directly over fire for five minutes, then place saucepan in a larger one containing boiling water, according to direction given for making porridge or mush, and cook for an hour. Strain gruel, heat to boiling, and if the doctor allows milk, add milk to suit taste.

Barley Gruel

Two ounces pearl barley; soak over night in cold water; add 1 qt. of water; let boil until reduced to a pint.

Barley Gruel from Prepared Barley

Follow exactly directions on package, according to thickness desired.

Rice Water

2 tablespoons rice

3 cups cold water

Salt to season

Wash rice; heat gradually to boiling point, and let boil two hours. Strain, reheat, and add salt. If too thick, add a little *boiling* water.

Cracker Gruel

1 tablespoon sifted cracker dust

1 cup milk

$\frac{1}{8}$ teaspoon salt

Scald milk, add cracker dust, cook over boiling water for five minutes. Season with salt.

Farina Gruel

See table, p. 32.

Indian Meal Gruel

1 tablespoon corn meal
Cold water to make a paste
 $\frac{1}{2}$ tablespoon flour
 $\frac{1}{8}$ teaspoon salt
1 pint boiling water

Mix dry materials; stir them smooth in cold water, then stir this smooth paste into boiling water and cook in double boiler for one hour.

BREADS**How to Buy**

Always buy the stale loaves when possible, as there is more nourishment for the money spent than in the fresh bread. If it is impossible to obtain stale loaves, buy enough at one time to last two days provided there is a clean place to keep it. Stale bread is better food than fresh.

WHEN TO MAKE BREAD AT HOME

If the housekeeper is strong—if there is a place to keep bread clean. A large family

can save at least ten cents a day by using homemade bread, and it may be well to buy a bread mixer, if the housekeeper is not strong. The bread mixer will cost about \$2.50. Flour is cheaper when bought by the large bag than by the pound.

KINDS OF BREAD

1. "Unleavened" bread, or bread containing nothing to make it "rise." This kind of bread is baked in thin sheets or wafers.
2. Bread raised with baking powder.
3. Bread raised with yeast.

The latter kind is the most easily digested in all cases. It should never be given fresh. Use yeast bread at least twenty-four hours old. Toast it if the doctor orders it.

Toast

Toast is properly made by a slow drying and browning of the bread, rather than by a quick browning of the surface, which leaves the inside of the slice soft and sticky. Well-made toast is more nearly ready for digestion than untoasted bread, as the heat begins the work of digestion.

Bread

Homemade bread is really cheaper than bakers', even when flour is high-priced, for it gives nearly twice as much real food. During the summer, when a fire is not kept, bread can be baked at almost any bakery for one cent a loaf.

Rule — One Loaf

1 cup lukewarm water
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon sugar
 $\frac{1}{2}$ yeast cake
Flour to make soft dough

Dissolve yeast in a little lukewarm water, stir into one cup of lukewarm water, add salt and sugar, then gradually add flour, beating and then kneading to a soft dough. Let rise until it doubles in size, roll out air bubbles, shape into a loaf, cover with melted fat, let rise one hour, then bake.

Oat Wafers

2 cups rolled oats
2 cups flour
4 tablespoons sugar
 $\frac{1}{2}$ teaspoon salt
6 tablespoons shortening, half butterine and half lard, hot water

Mix first four materials, rub in shortening, add just enough hot water to make dough hold together, roll as thin as possible, cut out and bake until crisp and brown.

Graham Bread

- $\frac{1}{3}$ cake yeast
- 1 cup scalded milk (cooled)
- $\frac{3}{4}$ cup lukewarm water
- 2 tablespoons lard
- 1 teaspoon salt
- $\frac{1}{4}$ cup molasses
- $2\frac{1}{2}$ cups graham flour
- $1\frac{1}{2}$ cups white flour

Dissolve yeast cake in lukewarm water, add melted lard to milk, add salt, molasses, and yeast, then beat in flour. Cover, set to rise over night. In the morning mix well, turn into greased pans, let rise until double in size, bake one hour.

Rolls

White or graham rolls may be made from bread dough, and, if desired, a tiny bit of butter may be folded into each roll before putting in pan. Rolls need not stand in pan so long as bread nor do they need so long to bake.

Corn Bread

1 cup water
1½ cups yellow meal
2 cups white flour
2 tablespoons of dripping
½ teaspoon salt
5 teaspoons baking powder
2 tablespoons sugar
1 egg
1 cup milk

Mix all dry materials, beat into milk and water, add beaten egg, pour in shallow pans, bake $\frac{3}{4}$ of an hour.

VEGETABLES**How to Buy**

Any fruit or vegetables which have been on stands or carts must be carefully prepared for use. If boiling is part of this preparation, they are comparatively safe. Skin of fruit must be washed or removed altogether. It is not true economy to buy specked or overripe fruit, as its use endangers health. On the other hand, unripe fruit is also unsafe.

HOW TO COOK VEGETABLES

Nearly all vegetables contain a woody substance which must be softened before the vegetable is fit for food. They also contain starch, which if put to cook in cold water becomes like a paste, but if started in boiling water is easily digested. Salt should be added at the start to improve the flavor.

STARCHY AND WOODY
VEGETABLES

(Cook in boiling water)

Potatoes
Beets
Turnips
Carrots
Squash
Dried peas, beans, and
lentils
Dried onions.

GREEN VEGETABLES

Lettuce
Celery
Spinach
Young onions
Green peas
String beans
Corn
Cabbage

Potatoes

Baked potatoes are the best for persons who have been ill.

Dried Vegetables

Should be soaked over night, cooked until *very* tender, then rubbed through a sieve and used according to doctor's orders.

USE OF VEGETABLES FOR THE SICK

Let the doctor select the vegetables to be given ; then follow directions very carefully.

A general rule is that the green vegetables, served crisp, may be allowed occasionally, but more often should be given boiled, strained, and warmed either in a cream soup (see p 20), or as a vegetable with hot milk, slightly thickened.

Spinach

Wash *very* thoroughly, place in kettle *without* water, cover, place on back of stove, heat slowly until juice begins to cook out, then bring to front of stove and cook in its own juice until very tender. Chop fine, season, and serve.

Carrots

These are very wholesome for well persons. Wash, scrape, cook in boiling salted water, serve mashed or in a cream sauce.

Cabbage

This is inexpensive and very wholesome served shredded, raw, or boiled with a cream sauce.

For cream sauce see p. 20.

Almost any vegetable can be served in this sauce, or if made thinner, we have cream of vegetable soup. (See p. 21.)

FRUITS

HOW TO BUY

Unripe fruit and overripe or specked fruit are both dangerous.

FRUITS THAT MAY BE UNRIPE

Bananas	Plums	Pears	Peaches
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Bananas are not fit for food unless skins are beginning to turn dark. If unripe, they are very indigestible; the stringy part should be scraped off.

THE SERVING AND COOKING OF FRUIT

Baked Apples

Wipe apples, remove core, place on flat dish, fill the holes with sugar, cover bottom of dish with boiling water, baste often, bake until very soft.

Stewed Apples

Pare and quarter two apples, cook in a syrup made of one half cup of sugar boiled in half cup of water. Cook until tender, but do not allow apples to lose their shape.

Stewed Apple Sauce

Quarter and pare apples, sprinkle with sugar, cover with water, boil until very soft, and rub through a sieve.

Prune Sauce

Wash prunes, cover with cold water, and stew until soft; then mash through sieve. Do not use sugar. A little lemon juice may be added for flavoring.

Stewed Dried Fruit

Wash, soak in cold water, drain, and stew until soft. Add sugar if necessary, but many varieties are good without. Apricots need sugar, as they are very tart.

Oranges

Serve the juice only, or remove the tough white skin and serve only the juicy soft pulp.

Stewed Fresh Berries

Sprinkle berries with sugar, add enough water to moisten, stew until soft. Strain if doctor orders. If berries are very juicy, no water need be added.

DESSERTS

Baked Indian Pudding

1 qt. milk boiling
 $\frac{1}{4}$ cup corn meal scalded in the milk
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup molasses
 $\frac{1}{8}$ teaspoon salt, a little ginger

Mix in order given and bake three hours.

Rice with Sugar and Cinnamon

Plain boiled rice makes a good dessert, sprinkled with granulated sugar which has been mixed with ground cinnamon to suit the taste.

Rice Pudding without Eggs

Wash 4 tablespoons rice, stir into 1 qt. milk, add 4 tablespoons sugar, 1 tablespoon butterine, $\frac{1}{2}$ teaspoon salt. Bake until thick and creamy, about three hours.

Cornstarch Pudding

- 1 qt. scalded milk
- $\frac{1}{2}$ cup cornstarch
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon vanilla or a little grated nutmeg
- 2 eggs

Stir cornstarch in a little cold water, add to boiling milk; add sugar and salt, stir until thick and smooth, cook fifteen minutes over hot water, add flavoring, remove from fire, and add yolks of eggs; then fold in stiffly beaten whites.

Chocolate Pudding

Melt 3 tablespoons cocoa, add sugar and $\frac{1}{3}$ cup boiling water, stir into boiling pudding (cornstarch) before adding the egg.

Orange Cream

- Yolk of one egg
- $\frac{1}{2}$ tablespoon sugar
- 3 tablespoons orange juice
- Speck of salt
- White one egg

Beat yolk of egg, add orange juice, sugar, and salt, cook over hot water until it *just*

begins to thicken, fold stiffly beaten white all through, until it is puffy.

Tapioca Cream

$\frac{1}{4}$ cup pearl tapioca
or
 $1\frac{1}{2}$ tablespoons minute tapioca
1 pt. milk
2 eggs
1 teaspoon vanilla
 $\frac{1}{4}$ cup sugar
Salt

Soak tapioca in cold water one hour, strain, stir into milk, cook over boiling water until tapioca is *very* soft and transparent, add sugar and beaten egg yolks, take from fire and fold in stiffly beaten whites, and finally the vanilla. Cool before serving.

Baked Custard

1 egg
 $\frac{2}{3}$ cup scalded milk
 $1\frac{1}{2}$ tablespoons sugar
Few grains salt
Nutmeg to flavor

Beat egg slightly, pour on hot milk slowly, add sugar and flavoring, bake until firm in cups, set in pan of hot water.

Steamed Custard

Yolks of 2 eggs
4 tablespoons sugar
Few grains of salt
2 cups scalded milk
 $\frac{1}{4}$ teaspoon vanilla
 $\frac{1}{2}$ tablespoon cornstarch

Beat yolks, add sugar and salt, stir constantly while adding hot milk, which has been thickened with cornstarch. Cook in small saucepan set in pan of hot water until mixture thickens and coating forms on a spoon. Strain and cool.

Lemon Water Ice

1 quart of water
2 cups sugar
 $\frac{3}{4}$ cup of lemon juice

Make a syrup by boiling water and sugar twenty minutes, add lemon juice, cool, strain.

To Freeze. — Place mixture in a small granite pail, place pail in larger pail, with layer of chopped ice under inside pail, then pack space between pails with coarse salt and chopped ice, three cups of ice for each

cup of salt. Turn inner pail constantly until mixture begins to freeze, then scrape from sides of pail, continue freezing, scrape again, and so on until thick.

Homemade Ice Cream

A simple boiled custard may be frozen according to directions for freezing lemon ice, and is nourishing and inexpensive when eggs are cheap.

$\frac{1}{4}$ cup flour
2 teaspoons vanilla
2 eggs
1 cup sugar
1 qt. milk

Scald milk, dissolve sugar in hot milk, thicken with flour which has been rubbed smooth in a little cold milk. Cook over boiling water twenty minutes, add beaten eggs, cook three minutes, add vanilla; cool and freeze.

GELATINE DISHES

General Remarks

Gelatine dishes may be varied by choosing different fruit juices for flavoring or

different wines when the physician orders stimulants. They may also be made attractive by stirring in stiffly beaten white of egg while the gelatine is hot.

Proportions

To each teaspoon of powdered gelatine, allow two tablespoons of cold water for dissolving and six tablespoons of other liquid; this last includes the boiling water.

Lemon Jelly

- 1 teaspoon powdered gelatine dissolved in two
tablespoons cold water
- 4 tablespoons boiling water
- 2 tablespoons sugar
- 2 to 3 tablespoons lemon juice

Soak gelatine in cold water, add the boiling water, lemon juice, and sugar. Strain and cool.

Wine Jelly

- 1 teaspoon powdered gelatine
- 1 tablespoon cold water
- 2 ounces sherry
- 1½ tablespoons lemon juice
- 2 tablespoons boiling water

Make the same as lemon jelly.

PART II

SPECIAL MENUS AND DIETS

SPECIAL MENUS AND DIETS

FEEDING THE HEALTHY

THE following bills of fare are meant to show how to plan meals so that the right foods will be put together. The first set does not give sufficient variety to keep the family well, but it is intended to show that it is worth while to give thought and care to even a very small food allowance.

All the bills of fare are planned for a family of man, wife, and three children, from two to twelve years of age.

FIRST SET OF BILLS OF FARE

Food Supplies for Week

FOOD	AMOUNT	COST
Milk	7 qt.	\$.63
Eggs	9	.25
Cheese	$\frac{1}{4}$ lb.	.05
Corn meal	1 lb. 3 oz.	.04
Oatmeal	1 lb. 3 oz.	.05
Hominy	2 lb.	.08
Amount carried forward		\$1.10

Food	Amount	Cost
Amount brought forward		\$1.10
Rice	2 lb.	.10
Lentils	2 lb.	.14
Split peas	1 lb.	.06
Beans	1 lb.	.05
Macaroni	1 lb.	.06
Bread	13 lb.	.49
Evaporated milk	4 cans	.40
Stew meat	2 lb.	.16
Chuck steak	1 lb.	.14
Codfish	1 lb.	.12
Salt pork	$\frac{1}{4}$ lb.	.05
Lard	$\frac{1}{2}$ lb.	.08
Bacon	$\frac{1}{2}$ lb.	.12
Oleomargarine	1 lb.	.24
Sugar	$3\frac{1}{2}$ lb.	.18
Molasses	2 cups	.06
Apples	2 lb.	.05
Lemon	1	.02
Bananas	3 lb.	.12
Dates	$\frac{1}{2}$ lb.	.07
Prunes	2 lb.	.20
Onions	2 lb.	.05
Carrots	3 lb.	.05
Potatoes	2 lb.	.06
Soup greens		.02
Tomatoes	1 can	.06
Flour	7 cups	.05
Graham flour	1 cup	.01
Soda		.005
Amount carried forward		\$4.31

Food	AMOUNT	COST
Amount brought forward		\$4.31
Loose cocoa	4 oz.	.06
Cocoa shells	1 lb.	.04
Tea	$\frac{1}{4}$ lb.	.10
Coffee	$\frac{1}{2}$ lb.	.13
Junket		.01
Spices		.01
Total		<u>\$4.66</u>

ESTIMATE OF COST FIRST DAY

<i>Breakfast</i>	Food	AMOUNT	COST
Oatmeal, milk and sugar	Oatmeal	2 cups	\$.015
	Milk	1 qt.	.09
Bread and butter	Sugar	$\frac{1}{2}$ lb.	.03
Coffee — c o c o a shells for children	Bread	$1\frac{1}{2}$ lb.	.05
	Butter (oleo)	4 oz.	.06
	Coffee	$\frac{1}{2}$ oz.	.001
	Cocoa shells	1 cup	.001
<i>Dinner</i>			
Meat balls and rice with brown gravy	Meat	1 lb.	.12
	Rice	$\frac{1}{2}$ lb.	.03
	Onions	1 lb.	.02
Boiled onions	Bananas	6	.06
Bread and butter	Lemon	1	.02
Sliced bananas with lemon juice			
<i>Supper</i>			
Baking powder biscuits	Flour	3 cups	.06
Sugar syrup			
Tea with lemon	Tea	1 oz.	.025
Total			<u>\$.58</u>

SECOND DAY

<i>Breakfast</i>	FOOD	AMOUNT	COST
Toast	Corn meal	1 lb.	\$.03
Corn meal and	Milk	1 pt.	.04
sugar	Sugar	$\frac{1}{2}$ lb.	.03
Coffee	Coffee	$\frac{1}{2}$ oz.	.001
Cocoa shells	Cocoa shells	1 cup	.001
	Oleo	4 oz.	.06
<i>Dinner</i>			
Baked pork and	Pork	$\frac{1}{2}$ lb.	.05
beans	Beans	1 lb.	.06
Brown bread and	Apples	1 lb.	.03
butter	Bread	2 lb.	.06
Apple pudding			
<i>Supper</i>			
Boiled rice, sugar	Rice	$\frac{1}{2}$ lb.	.03
and cinnamon	Cocoa	2 oz.	.04
Cocoa — milk	Milk	1 pt.	.04
Total			<u>\$.47</u>

THIRD DAY

<i>Breakfast</i>	FOOD	AMOUNT	COST
Hominy, milk,	Hominy	2 cups	\$.04
sugar	Sugar	$\frac{1}{2}$ lb.	.03
Coffee — toast	Coffee	$\frac{1}{2}$ oz.	.001
Cocoa shells for	Cocoa shells	1 cup	.001
children	Milk	1 pt.	.04
<i>Dinner</i>			
Baked rice and	Rice	1 cup	.03
cheese	Cheese	$\frac{1}{4}$ lb.	.05
Fried hominy	Bread	2 lb.	.06
Bread and butter	Oleo	4 oz.	.06
Junket	Junket		.01
Amount carried forward			<u>\$.32</u>

MEALS AT LOW COST

55

<i>Supper</i>	FOOD	AMOUNT	COST
Amount brought forward			\$.32
Creamed codfish	Codfish	1 lb.	.12
on toast	Prunes	1 lb.	.08
Stewed prunes	Tea	1 oz.	.025
Bread and butter			
Tea	Total		<u>\$.54</u>

FOURTH DAY

<i>Breakfast</i>	FOOD	AMOUNT	COST
Oatmeal wafers	Oatmeal	2 cups	\$.04
Cocoa shells	Cocoa shells	1 cup	.001
	Oleo	4 oz.	.06
<i>Dinner</i>			
Escalloped eggs	Eggs	6	.18
Baked potatoes	Potatoes	1 qt.	.08
Bread and butter	Bread	1½ lb.	.06
<i>Supper</i>			
Macaroni and	Macaroni	1 lb.	.07
cheese	Cheese	¼ lb.	.05
Apple sauce	Apples	1 lb.	.03
Tea — bread	Tea	1 oz.	.025
	Total		<u>\$.596</u>

FIFTH DAY

<i>Breakfast</i>	FOOD	AMOUNT	COST
Stewed prunes	Prunes	1 lb.	\$.08
Coffee — cocoa	Coffee	1 oz.	.01
shells	Cocoa shells	1 cup	.001
Graham drop cakes	Drop cakes		.10
	Bread		.06
Amount carried forward			\$.25

<i>Dinner</i>	FOOD	AMOUNT	COST
Amount brought forward			\$.25
Split peas and	Peas	1 lb.	.06
bacon	Bacon	$\frac{1}{2}$ lb.	.12
Stewed tomatoes	Tomatoes	1 can	.08
Bread and butter			

Supper

Rice and lentils	Rice	1 lb.	.08
Cocoa	Lentils	$\frac{1}{2}$ lb.	.04
Gingerbread	Gingerbread		.18
Total			<u>\$.81</u>

SIXTH DAY

<i>Breakfast</i>	FOOD	AMOUNT	COST
Corn meal mush,	Corn meal	1 cup	\$.01
milk and sugar	Milk	1 qt.	.09
Toast—coffee	Coffee	1 oz.	.01
Cocoa shells for	Cocoa shells	1 cup	.001
children			

Dinner

Stew with vegeta-	Stew		.32
bles and gravy	Bread	1 $\frac{1}{2}$ lb.	.06
Bread and butter	Oleo	4 oz.	.06
Date marmalade	Dates	1 lb.	.08

Supper

Lentil soup, crou-	Lentils	1 lb.	.06
tons	Cocoa	2 oz.	.02
Bread and butter			
Cocoa			

Total \$.70

SEVENTH DAY

<i>Breakfast</i>	FOOD	AMOUNT	COST
Corn meal mush	Corn meal	2 cups	\$.02
fried	Cocca shells		.001
Cocoa shells	Bread	1½ lb.	.06
	Oleo	4 oz.	.06
<i>Dinner</i>			
Beef soup with	Soup		.20
vegetables —	Pudding		.10
croutons			
Baked Indian pud-			
ding			
<i>Supper</i>			
Fish balls	Fish		.10
Bread and butter	Potatoes		.05
Tea — milk	Milk	1 pt.	.04
	Tea	1 oz.	.025
	Total		<u>\$.650</u>

SECOND SET OF BILLS OF FARE

Supplies for Week

FOOD	AMOUNT	COST
Milk	7 qt.	\$.63
Loose oatmeal	1 lb. 3 oz.	.05
Corn meal	2 lb.	.05
Potatoes	3 qt.	.24
Onions	2 lb.	.05
Cabbage	4 lb.	.05
Split peas	1 cup	.03
Lentils	1 lb.	.07
Amount carried forward		\$1.17

Food	Amount	Cost
Amount brought forward		\$1.17
Cheese	$\frac{3}{4}$ lb.	.15
Rice	4 tbsp.	.01
Dates	$\frac{1}{2}$ lb.	.08
Bread	12 lb.	.35
Butter	1 lb.	.35
Loose Macaroni	1 lb.	.10
Evaporated Milk	3 cans	.30
Prunes	1 lb.	.12
Salt cod	1 lb.	.12
Loose cocoa	4 oz.	.06
Coffee	$\frac{1}{2}$ lb.	.13
Cocoa shells	1 lb.	.04
Eggs	13	.35
Liver	1 lb.	.15
Bacon	$\frac{1}{2}$ lb.	.12
Can tomatoes	1 can	.06
Currants	1 cup	.05
Heart	4 lb.	.24
Lard	6 oz.	.06
Sugar	$3\frac{1}{2}$ lb.	.18
Brown sugar	$\frac{1}{2}$ lb.	.04
Haddock	4 lb.	.38
Bananas	12	.20
Oranges	3	.10
Herbs for stuffing heart and fish		.02
Skirt steak	$1\frac{1}{2}$ lb.	.21
Tea	$\frac{1}{4}$ lb.	.10
Molasses	$2\frac{1}{2}$ cups	.075
Amount carried forward		\$5.335

FOOD	AMOUNT	COST
Amount brought forward		\$5.335
Flour	7 cups	.05
Ginger	4 tsp.	.006
Soda	4 tsp.	.005
Samp	2 cups	.02
Hominy	2 cups	.02
Baking powder	8 tsp.	.02
Pie meat	1½ lb.	.20
Greens	1 qt.	.12
Junket	1	.01
Crackers	½ lb.	.06
Apples	2 lb.	.05
Small fish	3 lb.	.27
Lima beans	1 cup	.028
Apricots	¾ lb.	.14
Herring	1 lb.	.09
Turnip	2 lb.	.03
Salt pork	¼ lb.	.05
Carrots	2 lbs.	.05
Total		<u>\$6.55</u>

FIRST DAY

<i>Breakfast</i>	FOOD	AMOUNT	COST
Oatmeal mush	Dry oatmeal	2 cups	\$.015
Bread and butter	Bread	10 slices	.03
Coffee — c o c o a	Milk	1 qt.	.09
shells for chil-	Sugar	½ lb.	.03
dren	Coffee	1 oz.	.015
	Cocoa shells	1 cup	.006
Amount carried forward			\$.186

<i>Dinner</i>	FOOD	AMOUNT	COST
Amount brought forward			\$.186
Split pea soup	Peas	1 cup	.03
Croutons	Salt pork	$\frac{1}{4}$ lb.	.05
Scalloped cabbage	Onion		
Bread and butter	Bread	8 slices	.02
Cream of rice	Cabbage	4 lb.	.05
	Flour	4 lb.	.05
	Evapor. milk	$6\frac{1}{2}$ cups	.098
	Rice	4 tsp.	.01
	Nutmeg		
<i>Supper</i>			
Codfish hash	Codfish	$\frac{1}{2}$ lb.	.06
Buttered toast	Potatoes	1 lb.	.024
Cocoa	Butter	$2\frac{3}{4}$ oz.	.05
Prunes	Cocoa	2 oz.	.03
	Sugar	$\frac{1}{2}$ lb.	.03
	Prunes	1 lb.	.12
Total			\$.808

SECOND DAY

<i>Breakfast</i>	FOOD	AMOUNT	COST
Corn meal mush,	Sugar	$\frac{1}{4}$ lb.	\$.015
milk, sugar	Corn meal	2 cups	.015
Scrambled eggs	Eggs	5	.135
Coffee — c o c c o a	Coffee	1 oz.	.015
shells for chil-	Cocoa shells	1 cup	.006
dren	Milk	1 qt.	.09
<i>Dinner</i>			
Stuffed heart	Heart	4 lb.	.24
Browned potatoes	Potatoes	2 lb.	.048
Mashed onions	Herbs		.01
Bread and butter	Onions	1 lb.	.025
	Bread	1 (.06 loaf)	.05
	Butter	$2\frac{3}{4}$ oz.	.05
Amount carried forward			\$.699

<i>Supper</i>	FOOD	AMOUNT	COST
Amount brought forward			\$.699
Fried mush	Cold mush	2 cups	.015
Brown sugar syrup	Brown sugar	$\frac{1}{2}$ lb.	.04
Baked bananas	Bananas	5	.08
Bread and butter	Tea	1 oz.	.025
Tea			
Total			\$.859

THIRD DAY

<i>Breakfast</i>	FOOD	AMOUNT	COST
Minced liver	Milk	1 qt.	\$.09
Bacon for children	Coffee	1 oz.	.015
Toast	Evapor. milk	2 cups	.03
Coffee — cocoa	Liver	1 lb.	.15
shells for chil-	Bacon	$\frac{1}{2}$ lb.	.12
dren	Bread	1 stale .08 loaf	.05
	Cocoa shells	1 cup	.006

Dinner

Baked lentils with	Lentils	1 lb.	.07
tomato sauce	Tomatoes	1 can	.06
Stewed potatoes	Potatoes	$1\frac{3}{4}$ lb.	.042
Bread pudding	Currants	$\frac{1}{2}$ cup	.025
	Eggs	2	.054
	Sugar	$\frac{1}{4}$ lb.	.015

Supper

Cold sliced heart	Heart (second day)		
Bread and butter	Butter	$2\frac{3}{4}$ oz.	.05
Steamed date mar-	Dates	$\frac{1}{2}$ lb.	.08
malade	Oatmeal	2 cups	.015
Oatmeal wafers	Flour	2 cups	.014
Total			\$.886

FOURTH DAY

<i>Breakfast</i>	FOOD	AMOUNT	COST
Oatmeal molded	Sugar	$\frac{1}{2}$ lb.	\$.03
with bananas	Milk	1 qt.	.09
Codfish on toast	Bananas	4	.05
Coffee — cocoa	Evapor. milk	4 cups	.06
shells for chil-	Coffee	1 oz.	.015
dren	Cocoa shells	1 cup	.006
	Codfish	$\frac{1}{2}$ lb.	.06
	Flour	2 tsp.	
	Oatmeal		.015
<i>Dinner</i>			
Baked haddock	Haddock	4 lb.	.28
Mashed carrots	Carrots	2 lb.	.05
Baked potatoes	Potatoes	$1\frac{1}{2}$ lb.	.036
Indian pudding	Molasses	$\frac{1}{2}$ cup	.015
Bread and butter	Bread	1 stale .08 loaf	.05
	Butter	$2\frac{1}{2}$ oz.	.05
<i>Supper</i>			
Bread and butter	Ginger	1 tsp.	.0015
Cocoa	Flour	2 cups	.014
Gingerbread	Cocoa	2 oz.	.03
Cheese	Cheese	$\frac{1}{4}$ lb.	.05
	Soda	2 tsp.	.0025
	Molasses	1 cup	.03
	Lard	2 oz.	.02
Total			<u>\$.955</u>

FIFTH DAY

<i>Breakfast</i>	FOOD	AMOUNT	COST
Samp — milk —	Milk	1 qt.	\$.09
sugar	Eggs	1	.027
Kippered herring	Samp	2 cups	.02
Amount carried forward			<u>\$.137</u>

	FOOD	AMOUNT	COST
Amount brought forward			\$1.137
Corn meal muffins	Herring	1 lb.	.09
Coffee — cocoa	Corn meal	1 cup	.008
shells for chil-	Baking powder	4 tsp.	.01
dren	Flour	1 cup	.007
	Sugar	$\frac{3}{4}$ lb.	.045
	Coffee	1 oz.	.015
	Cocoa shells	1 cup	.006
<i>Dinner</i>			
Meat pie — potato	Stew meat	1 $\frac{1}{2}$ lb.	.20
crust	Potatoes	1 lb.	.024
Spinach	Onions	1 lb.	.025
Bread and butter	Junket tablet		.01
Caramel junket	Spinach	1 qt.	.12
<i>Supper</i>			
Cream of fish	Evapor. milk	4 cups	.06
chowder	Parsley		.01
Cheese — crackers	Cheese	$\frac{1}{4}$ lb.	.05
Bread and butter	Crackers	$\frac{1}{2}$ lb.	.06
Apple sauce	Bread	1 (.08 loaf)	.05
	Butter	2 $\frac{3}{4}$ oz.	.05
	Apples	2 lb.	.05
	Fish	1 lb.	.12
Total			<u>\$1.147</u>

SIXTH DAY

<i>Breakfast</i>	FOOD	AMOUNT	COST
Pan fish	Fish	2 lb.	\$1.15
Browned potatoes	Potatoes	1 lb.	.024
Buttered toast	Bread	1 (.08 loaf)	.05
Amount carried forward			\$1.224

	FOOD	AMOUNT	COST
Amount brought forward			\$.224
Coffee — c o c c o a	Coffee	1 oz.	.015
shells for chil-	Cocoa shells	1 cup	.006
dren	Milk	1 qt. (whole day)	.09
	Butter		.05
<i>Dinner</i>			
Lima bean soup	Lima beans	1 cup	.028
M a c a r o n i and	Macaroni	1 lb.	.10
cheese	Cheese	$\frac{1}{4}$ lb.	.05
Sliced bananas and	Bananas	3	.07
oranges	Oranges	3	.10
Bread and butter	Evapor. milk	3 cups	.045
<i>Supper</i>			
Toasted bread	Molasses	1 cup	.03
crumbs and milk	Soda	2 tsp.	.0025
Stewed apricots	Flour	$2\frac{1}{2}$ cups	.021
Ginger cookies	Ginger	1 tsp.	.0045
	Apricots	$\frac{3}{4}$ lb.	.14
	Lard	4 oz.	.04
Total			\$ 1.016

SEVENTH DAY

	FOOD	AMOUNT	COST
<i>Breakfast</i>			
Hominy, milk,	Hominy	2 cups	\$.02
sugar	Milk	1 qt.	.09
Soft-cooked eggs	Sugar	1 lb.	.06
Bread and butter	Eggs	5	.135
Coffee — c o c c o a	Bread	1 (.08 loaf)	.05
shells for chil-	Butter	$2\frac{3}{4}$ oz.	.05
dren	Coffee	2 oz.	.03
	Cocoa shells	1 cup	.006
Amount carried forward			\$.441

<i>Dinner</i>	FOOD	AMOUNT	COST
Amount brought forward			\$.441
Braised skirt steak	Steak	1½ lb.	.21
Baked potatoes	Potatoes	1½ lb.	.042
Hashed turnips	Turnips	2 lbs.	.03
Bread pudding	Currants	1 cup	.025
<i>Supper</i>			
Corn meal pan cake	Corn meal	½ cup	.009
Sugar syrup	Baking powder	4 tsp.	.01
Tea — bread and butter	Tea	1 oz.	.025
Total			\$.792

THIRD SET OF BILLS OF FARE

Supplies for Week

FOOD	AMOUNT	COST
Oatmeal	1½ lb.	\$.03
Milk	14 qt.	1.26
Sugar	8 cups, 3½ lbs.	.18
Bread	17 lb.	.51
Butter @ 35¢ lb.	1¾ lb.	.62
Eggs (15) @ 3¢	1½ lb.	.45
Coffee	42 tablespoons	.25
Onions	1 qt., 3½ lb.	.10
Potatoes	3½ qt., 12¼ lb.	.28
Junket tablet	1	.01
Catsup	1 bottle	.10
Flour	3 lb.	.12
Baking powder		.01
Apples	6 lb.	.12
Amount carried forward		\$4.04

66 MEALS WITH ABUNDANT VARIETY

FOOD	AMOUNT	COST
Amount brought forward		\$4.04
Cocoa	$\frac{1}{3}$ lb.	.08
Wheatena	$\frac{1}{2}$ lb.	.02
Codfish	1 lb.	.12
Haddock	3 lb.	.21
Spinach	1 qt., $1\frac{1}{2}$ lb.	.18
Corn meal	$1\frac{1}{2}$ lb.	.06
Lentils	1 lb.	.07
Apricots	$\frac{3}{4}$ lb.	.14
Tea	$\frac{1}{5}$ lb.	.10
Cream of Wheat	$\frac{1}{2}$ lb.	.02
Dates	$\frac{1}{2}$ lb.	.06
Liver	$\frac{3}{4}$ lb.	.10
Bacon	$\frac{1}{2}$ lb.	.12
Pot roast	5 lbs.	.70
Cookies	1 lb.	.12
Carrots	4 lb.	.10
Bananas	1 lb.	.18
Gingerbread	1 lb.	.15
Sweet potatoes	2 lb.	.10
Cornstarch	$\frac{1}{2}$ lb.	.01
Cabbage	4 lb.	.13
Cake		.13
Beans	1 lb.	.06
Pork	$\frac{1}{2}$ lb.	.10
Pickles	$\frac{1}{2}$ lb.	.05
Tomatoes	$1\frac{1}{2}$ lb.	.12
Rice	1 lb.	.08
Gelatine	1 oz.	.02
Lemons	1 lb. (4)	.10
Amount carried forward		\$7.47

MEALS WITH ABUNDANT VARIETY 67

FOOD	AMOUNT	COST
Amount brought forward		\$7.47
Salmon (large can)	1½ lb.	.15
Stew meat	3 lb.	.28
Vanilla		.01
Corned beef	3 lb.	.42
Ox tail	1 lb.	.12
Oil		.08
Beef roll	1½ lb.	.22
Sweet potatoes	1 lb.	.05
Flank steak	1½ lb.	.21
Cheese	½ lb.	.10
Total		\$9.11

FIRST DAY

<i>Breakfast</i>	FOOD	AMOUNT	COST
Oatmeal — milk — sugar	Oatmeal	2 cups	\$.015
	Milk	1 qt.	.09
Bread and butter	Sugar	½ lb.	.03
Scrambled eggs	Bread	2 lb.	.06
Coffee	Butter	4 oz.	.09
	Eggs	6	.18
	Coffee	1 oz.	.015

Dinner

Flank steak — stuffed	Flank steak	1½ lb.	.21
	Onions	2 lb.	.06
Escalloped onions	Potatoes	2 lb.	.04
Browned potatoes	Junket tablet	1	.01
Junket	Milk	1 qt.	.09
Coffee			

Amount carried forward \$.89

68 MEALS WITH ABUNDANT VARIETY

<i>Supper</i>	Food	Amount	Cost
Amount brought forward			\$.89
Cold sliced meat	Flour	2 cups	.05
Catsup	Apples	3 lb.	.10
Baking powder	Milk	1 pt.	.04
biscuits	Cocoa	2 oz.	.03
Baked apples			
Cocoa			
Total			<u>\$1.11</u>

SECOND DAY

<i>Breakfast</i>	Food	Amount	Cost
Wheatena — milk	Wheatena	$\frac{1}{2}$ lb.	\$.02
— sugar	Milk	1 qt.	.09
Toast, buttered	Sugar	1 lb.	.06
Creamed codfish	Bread	$2\frac{1}{2}$ lb.	.12
on toast	Butter	4 oz.	.09
Coffee	Codfish	1 lb.	.12
	Coffee	1 oz.	.015
<i>Dinner</i>			
Baked haddock,	Haddock	3 lb.	.21
egg sauce	Eggs	2	.06
Creamed potatoes	Potatoes	2 lb.	.04
—spinach	Spinach	$1\frac{1}{2}$ lb.	.16
Bread and butter	Apples	2 lb.	.06
Apple pudding			
<i>Supper or Luncheon</i>			
Corn bread	Corn bread		.15
Lentil soup	Lentils	1 lb.	.07
Stewed apricots	Milk	1 qt.	.09
Tea	Apricots	$\frac{3}{4}$ lb.	.14
	Tea	1 oz.	.025
Total			<u>\$1.52</u>

THIRD DAY

<i>Breakfast</i>	FOOD	AMOUNT	COST
Cream of wheat	Milk	1 qt.	\$.02
with dates	Cream of wheat	$\frac{1}{2}$ lb.	.09
Bread and butter	Dates	$\frac{1}{2}$ lb.	.06
Liver and bacon	Bread	2 lb.	.06
Coffee	Butter	4 oz.	.09
	Liver	$\frac{3}{4}$ lb.	.10
	Bacon	$\frac{1}{2}$ lb.	.12
	Coffee	1 oz.	.015
<i>Dinner</i>			
Pot roast of beef	Pot roast	5 lb.	.70
with carrots and	Carrots	1 lb.	.02
onions	Onions	$\frac{1}{2}$ lb.	.01
Bread and butter	Bananas	1 lb.	.10
Sliced bananas — coffee			
<i>Supper</i>			
Milk toast	Milk	1 qt.	\$.09
Cheese, bread and	Cheese	$\frac{1}{2}$ lb.	.10
butter	Gingerbread		.15
Gingerbread	Tea		.02
Tea			
Total			<u>\$1.75</u>

FOURTH DAY

<i>Breakfast</i>	FOOD	AMOUNT	COST
Pancakes	Flour	1 lb.	\$.04
Bread and butter	Bread	2 lb.	.06
Beef hash	Milk	1 qt.	.09
Coffee	Coffee	1 oz.	.015
Amount carried forward			\$.205

70 MEALS WITH ABUNDANT VARIETY

<i>Dinner</i>	Food	Amount	Cost
Amount brought forward			\$.205
Warmed over roast	Potatoes	1 qt.	.09
Baked sweet potatoes	Butter	4 oz.	.09
	Pudding		.12
Bread and butter			
Chocolate corn-starch pudding			
Coffee			
<i>Supper</i>			
Cream of fish soup	Onions		.04
Bread and butter	Oil		.035
Cabbage salad	Cabbage		.10
Cocoa — cake	Cocoa	2 oz.	.03
	Cake		.13
	Sugar	$\frac{1}{2}$ lb.	.03
Total			<u>\$.87</u>

FIFTH DAY

<i>Breakfast</i>	Food	Amount	Cost
Omelet	Bread	2 lb.	\$.06
Creamed potatoes	Eggs	5	.15
Coffee	Potatoes	2 lb.	.04
	Milk	2 qt.	.18
	Sugar	$\frac{1}{2}$ lb.	.03
	Butter	4 oz.	.09
<i>Dinner</i>			
Baked beans —	Beans	1 lb.	.06
pork	Pork	$\frac{1}{2}$ lb.	.05
Pickles	Pickles		.05
Scalloped tomatoes	Tomatoes	1 qt.	.12
Boiled rice	Rice	$\frac{1}{2}$ lb.	.04
Lemon jelly			
Amount carried forward			\$.87

<i>Supper</i>	FOOD	AMOUNT	COST
Amount brought forward			\$.87
Salmon loaf	Salmon	1 can	.15
Bread and butter	Egg	1	.03
Apple sauce	Apples	1 lb.	.03
Tea	Tea	1 oz.	.025
Total			\$ 1.10

SIXTH DAY

<i>Breakfast</i>	FOOD	AMOUNT	COST
Oatmeal	Milk	2 qt.	\$.18
Milk — sugar	Oatmeal	2 cups	.015
Bread and butter	Sugar	$\frac{1}{2}$ lb.	.03
Baked apples —	Bread	2 lb.	.06
coffee	Apples	1 lb.	.03
	Coffee	1 oz.	.015
	Butter	4 oz.	.09

Dinner

Meat pie	Meat	3 lb.	.28
Creamed carrots	Carrots	2 lb.	.06
Bread and butter	Potatoes	1 lb.	.02
Homemade ice cream	Ice cream		.15
Coffee			

Supper

Cheese fondu —	Cheese	$\frac{1}{4}$ lb.	.05
fried potatoes	Eggs	2	.06
Bread and butter	Tea	1 oz.	.025
—tea			
Total			\$ 1.065

SEVENTH DAY

<i>Breakfast</i>	Food	Amount	Cost
Oatmeal	Coffee	1 oz.	\$.015
French toast	Milk	2 qt.	.18
Coffee	Oatmeal	2 cups	.015
Bread and butter	Sugar	$\frac{1}{2}$ lb.	.03
	Bread	3 lb.	.09
	Butter	4 oz.	.09
<i>Dinner</i>			
Corned beef	Beef	3 lb.	.42
Scalloped cabbage	Cabbage		.035
Potatoes	Potatoes	2 lb.	.05
Indian pudding— coffee			
<i>Supper</i>			
Oxtail soup	Oxtail	1 lb.	.12
Potato salad	Cookies		.10
Bread and butter	Tea	1 oz.	.025
Cookies—tea	Oil		.09
Total			\$ 1.215

DIET FOR CHILDREN

FOOD FOR YOUNG CHILDREN

(MISS FARMER)

From Twelve to Sixteen Months

If perfectly well, the child may be fed at these hours :—

Breakfast . . .	7.30	Dinner . . .	2.30
Luncheon . . .	11.30	Supper . . .	5.30

Breakfast. —

Cereal, well cooked and strained, with a very little sugar. Glass of milk.

Luncheon. —

Strained cereal one part, with top milk, three parts.

Dinner. —

Soft cooked egg, or beef or chicken or mutton broth. Slice of stale bread and butter. Steamed rice, junket, or custard.

Supper. —

Same as luncheon.

Sixteen to Twenty-four Months*Additions to breakfast.* —

Soft cooked egg.

To luncheon. —

Bread and butter.

To dinner. —

Baked potato, rice, beef juice.

If for any reason the child is not well, do not give this diet without advice of physician.

FOOD FOR SCHOOL CHILDREN

The good health of a grown person depends largely on the food he ate when he was a child. Children must eat at regular times, and should be given food that will make muscle and bone and flesh.

The breakfast of a school child should be: A plate of well-cooked cereal, milk and sugar, a soft-cooked egg, bread and butter, milk or cocoa or cocoa shells.

The dinner should be: Some meat cooked without grease, a baked potato, a fresh vegetable, a simple pudding, bread and butter.

The supper should be: Bread and butter, stewed fruit, milk or cocoa.

School children who are healthy may use all the bills of fare in this book.

FOODS NOT GOOD FOR CHILDREN

Tea	Coffee	Spices
Beer	Pickles	Pies
Fried food	Pork	Veal

FEEDING THE SICK

GENERAL RULES

All persons of experience agree that proper feeding is absolutely necessary for good health, and that many diseases are caused directly by badly chosen or improperly prepared food. On the other hand, when illness is present, sensible feeding will do much to relieve it.

The time to begin to take care that a person is well fed is when he is a child. Sometimes a mother says, "I can give my baby or my child tea, or fried meat, or pie, because it does not make him sick." It is true that such food may not make the child ill at once, but sooner or later the bad effects will be seen, either in a disturbed stomach or in general weakness from under nourishment.

The first thing to do in feeding a sick person is to find out from a physician what the trouble is, and then to take his advice as to what food shall be given.

As a usual thing sick people should eat less than well persons, so as to rest the

stomach and bowels, but the quantity varies greatly.

Great care should be taken in the preparation of food for the sick. Follow all directions very carefully. Serve hot food very hot. Serve cold food very cold. Have everything very clean. Use dishes as attractive as possible. Arrange the tray so that it will be as dainty as possible. Remove soiled dishes at once. Cleanse dishes by covering with cold water, then stand pan on stove, bring water slowly to boiling point, and let boil ten minutes. Never taste food that is to be given to a sick person with the spoon which he is to use, nor allow him to use the spoon of any one else.

SPECIAL DIETS¹

1. *Fluid* in cases of high fever or any condition where solid food cannot be taken.

One glass or cup of any of the following every two hours, at least 8 cups during the day.

Milk	Buttermilk
Kumyss	Milk with barley

¹Dr. Mosenthal.

Malted milk.

Any soup without solid matter in it.

Coffee, tea, or cocoa, each to be made half milk.

Lemonade with white of egg.

Orangeade with white of egg.

Junket. Custard. Ice cream.

Eggnog }
Milk punch } either of these may be given once a
 } day, in place of milk, where ordered.

2. *Soft solid diet.* This includes creamed chicken, eggs, custards, milk toast, etc.

3. *Convalescent diet* or diet for upset digestion.

SOFT SOLID DIET

*Breakfast.*¹—

Boiled milk with cocoa or coffee.

Any cooked cereal, strained, with cream.

Dry toast, buttered.

1 egg, soft-boiled or poached.

10 A.M.—

Glass of milk, or malted milk, or milk with beaten egg.

Lunch.—

Thick potato, pea or bean soup with toast soaked in it, or boiled rice with milk or cream.

2 soft-boiled, scrambled, or poached eggs.

¹ Dr. Mosenthal.

4 P.M. —

Bouillon with rice, or chicken broth and toast or dry crackers.

Supper. —

Minced chicken or rare scraped beef.

Mashed or well-baked potatoes.

Buttered toast.

Junket, or custard, or wine or coffee jelly, or tapioca pudding.

10 P.M. —

As at 10 A.M.

GENERAL DIRECTIONS

Chew your food extremely carefully.

Eat and drink very slowly.

In preparing food, use no spices and as little salt as possible.

Eat and drink nothing beside articles given on the list, except water.

DIET FOR CONSTIPATION¹

Breakfast. —

Any fruit (fresh, cooked, preserved, or dried).

Shredded wheat, Thomas uncooked wheat biscuit,

¹ Dr. Mosenthal.

or oatmeal, or grape nuts, or toasted corn flakes, with cream if possible, otherwise a small amount of milk, and sugar or molasses.

Bread (see list below).

Butter, jam, jelly, honey.

Coffee with cream and sugar.

Lunch and Dinner. —

Soup, any kind, except those thickened with flour, or containing milk.

Fish, meat, or eggs in moderation; eat as much of the fat as possible.

Vegetables: fresh or canned in any quantity, green salads with olive oil.

Desserts: fresh fruit, or fruit cooked or preserved is best. Jellies prepared with coffee, wine, lemon, etc. Pies, do not eat undercrust. Water ices, any amount. Ice cream, small amounts only.

Bread (see list below), and butter.

General Directions. —

Take at least a glass of water before breakfast, one in the middle of the day, and one at night; in addition as much water as may be desired.

Water, plain or vichy (or any carbonated water), buttermilk, sour milk, cider, beer, white wine are allowed.

Bread: use only graham, rye, bran, whole wheat, or corn bread.

Butter in any quantity is permitted.

Avoid. —

Tea, red wine, milk, whiskey.

White bread, noodles, vermicelli, macaroni, all cake, rice, barley, potatoes and cheese.

General Rules. —

Have a regular time for going to the toilet.

Take a daily walk in the open air.

Practice the exercises given you.

Exercises. — (Each to be done 15 times).

1. Knees stiff, bend forward and try to touch floor.
2. Bend back from hips.
3. Bend to the right and to the left from hips.
4. Rotate to the right and to the left on hips.

DIET IN FIRST STAGES OF TUBERCULOSIS

The writer has had considerable experience in the planning of meals for families who have to live on a very moderate sum. The expensive food which was once thought necessary is sometimes beyond the reach of such a family, and it has been proven that much can be done by care in preparation and regularity in feeding.

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the English authorities, Bardswell and Chapman, and is as follows :

Breakfast. —

Large dish of oatmeal, milk and sugar, 2 oz. of bacon or smoked fish, 2 slices of bread and oleomargarine.

10 A.M. —

3 slices of bread and oleomargarine with prune or date marmalade prepared at home.

Luncheon. —

8 oz. of soup from one of the dried vegetables (vary by making part milk), 2 slices of bread and cheese, glass of milk.

Dinner. —

Plate of meat stew, slice of bread and oleomargarine, dish of well-cooked vegetables, 8 oz. of rice or tapioca pudding made with milk, glass of milk.

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